Integration: Richmond Prep MS

Breakfast - October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 27, 2026	Sep 28, 2026	Sep 29, 2026	Sep 30, 2026	**Oct 1, 2026**	**Oct 2, 2026**	**Oct 3, 2026**
				• Wgr Cereal (1) 1 oz Grain • Whole Grain LS Corn Mini Loaf 1 Grain • Pear • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • WGR Waffle Grahams 1 Grain • Oranges (2) • Skim Milk • Low Fat 1% Milk	Closed
Oct 4, 2026	**Oct 5, 2026**	**Oct 6, 2026**	**Oct 7, 2026**	**Oct 8, 2026**	**Oct 9, 2026**	**Oct 10, 2026**
Closed	• Wgr Cereal (1) 1 oz Grain • Asstd Yogurt - 1oz MMA • Wgr Bread 1oz Grain • Bananas (2) • Skim Milk • Low Fat 1% Milk	• Wgr Cereal (1) 1 oz Grain • Wgr Bread 1oz Grain • Bananas (2) • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Whole Grain Blueberry Mini Loaf - 1oz Grain • Pear • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Whole Grain LS Corn Mini Loaf 1 Grain • Pear • Low Fat 1% Milk • Skim Milk	• Asstd Yogurt - 1oz MMA • WGR Granola Bar, Asstd • Pear • Low Fat 1% Milk • Skim Milk	Closed
Oct 11, 2026	**Oct 12, 2026**	**Oct 13, 2026**	**Oct 14, 2026**	**Oct 15, 2026**	**Oct 16, 2026**	**Oct 17, 2026**
Closed	Closed	• Wgr Cereal (1) 1 oz Grain • Asstd Yogurt - 1oz MMA • Wgr Bread 1oz Grain • Bananas (2) • Skim Milk • Low Fat 1% Milk	• Wgr Cereal (1) 1 oz Grain • Wgr Bread 1oz Grain • Oranges (2) • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Whole Grain Blueberry Mini Loaf - 1oz Grain • Pear • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • WGR Waffle Grahams 1 Grain • Oranges (2) • Skim Milk • Low Fat 1% Milk	Closed
Oct 18, 2026	**Oct 19, 2026**	**Oct 20, 2026**	**Oct 21, 2026**	**Oct 22, 2026**	**Oct 23, 2026**	**Oct 24, 2026**
Closed	• Wgr Cereal (1) 1 oz Grain • Asstd Yogurt - 1oz MMA • Wgr Bread 1oz Grain • Bananas (2) • Skim Milk • Low Fat 1% Milk	• WGR Cereal • Wgr Bread 1oz Grain • Oranges (2) • Low Fat 1% Milk • Skim Milk	• WGR Cereal • Whole Grain Blueberry Mini Loaf - 1oz Grain • Pear • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Wgr Bread 1oz Grain • Bananas (2) • Low Fat 1% Milk • Skim Milk	• Asstd Yogurt - 1oz MMA • Honey Oat Granola Bar (2) • Pear • Low Fat 1% Milk • Skim Milk	Closed
Oct 25, 2026	**Oct 26, 2026**	**Oct 27, 2026**	**Oct 28, 2026**	**Oct 29, 2026**	**Oct 30, 2026**	**Oct 31, 2026**
Closed	• Wgr Cereal (1) 1 oz Grain • Whole Grain Blueberry Mini Loaf - 1oz Grain • Pear • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Asstd Yogurt - 1oz MMA • Wgr Bread 1oz Grain • Bananas (2) • Skim Milk • Low Fat 1% Milk	• WGR Cereal • Wgr Bread 1oz Grain • Oranges (2) • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • Whole Grain LS Corn Mini Loaf 1 Grain • Pear • Low Fat 1% Milk • Skim Milk	• Wgr Cereal (1) 1 oz Grain • WGR Waffle Grahams 1 Grain • Oranges (2) • Skim Milk • Low Fat 1% Milk	Closed

This institution is an equal opportunity provider.

Integration: Richmond Prep MS

Lunch - October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 27, 2026	Sep 28, 2026	Sep 29, 2026	Sep 30, 2026	**Oct 1, 2026**	**Oct 2, 2026**	**Oct 3, 2026**
				• Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pear • Wgr Bread 1oz Grain • Low Fat 1% Milk • Skim Milk	• Nordane Cheese Pizza • Green Beans • White Beans 1oz MMA • Banana • Fruit cup • Low Fat 1% Milk • Skim Milk	Closed
Oct 4, 2026	**Oct 5, 2026**	**Oct 6, 2026**	**Oct 7, 2026**	**Oct 8, 2026**	**Oct 9, 2026**	**Oct 10, 2026**
Closed	• Whole Grain Chicken Nuggets (5) • Green Beans • Sweet Potato Fries • Wgr Bread 1oz Grain • Fresh Plum (2) • Low Fat 1% Milk • Skim Milk	• Nordane Cheese Pizza • Green Beans • White Beans 1oz MMA • Banana • Fruit cup • Low Fat 1% Milk • Skim Milk	• Sliced Turkey Breast • Whole Grain Bread (2) • Tossed Salad • Salad Dressing, Assorted • Applesauce • WGR Sun Chip • Orange • Low Fat 1% Milk • Skim Milk	• Jamaican Beef Patty • Green Beans • Wgr Bread 1oz Grain • Low Fat 1% Milk • Skim Milk	• WGR Macaroni and Cheddar Cheese • Collard Greens • Chickpea & Bean Salad • Orange • Fruit Mix In 100% Natural Juice • Low Fat 1% Milk • Skim Milk	Closed
Oct 11, 2026	**Oct 12, 2026**	**Oct 13, 2026**	**Oct 14, 2026**	**Oct 15, 2026**	**Oct 16, 2026**	**Oct 17, 2026**
Closed	Closed	• WGR Spaghetti and Meatballs (6) • Broccoli • Wgr Bread 1oz Grain • Clementine (2) • Low Fat 1% Milk • Skim Milk	• Roast Beef • Whole Grain Bread (2) • Sugar Snap Peas • WGR Sun Chip • Peach (2) • Low Fat 1% Milk • Skim Milk	• Burger W/ WGR Bun: • Potato Nuggets • Ketchup • Banana • Low Fat 1% Milk • Skim Milk	• Nordane Cheese Pizza • Green Beans • White Beans • Fresh Apple • Low Fat 1% Milk • Skim Milk	Closed
Oct 18, 2026	**Oct 19, 2026**	**Oct 20, 2026**	**Oct 21, 2026**	**Oct 22, 2026**	**Oct 23, 2026**	**Oct 24, 2026**
Closed	• Whole Grain Chicken Fingers (3) • Sweet Potato Fries • Mixed Vegetables • Pear • Low Fat 1% Milk • Skim Milk	• Jamaican Beef Patty • Green Beans • Wgr Bread 1oz Grain • Low Fat 1% Milk • Skim Milk	• Sliced Turkey Breast • Whole Grain Bread (2) • Tossed Salad • Salad Dressing, Assorted • Applesauce • WGR Sun Chip • Orange • Low Fat 1% Milk • Skim Milk	• WGR Baked Ziti w/Cheese • Broccoli • Fresh Apple • Low Fat 1% Milk • Skim Milk	• BBQ Wings • Instant Mashed Potatoes • Collard Greens • Wgr Bread 1oz Grain • Orange • Low Fat 1% Milk • Skim Milk	Closed
Oct 25, 2026	**Oct 26, 2026**	**Oct 27, 2026**	**Oct 28, 2026**	**Oct 29, 2026**	**Oct 30, 2026**	**Oct 31, 2026**
Closed	• Breaded Chicken Patty • WGR Hamburger Bun • Corn • Tater Tots • Clementine (2) • Low Fat 1% Milk • Skim Milk	• Glazed Chicken Drumstick • Brown Rice and Beans • Sweet Plantain • Diced Carrots • Applesauce • Fresh Plum (2) • Low Fat 1% Milk • Skim Milk	• Beef Salami • Whole Grain Wrap • American Cheese Slice • Chickpea & Bean Salad • Wheat Thins • Apple • Low Fat 1% Milk • Skim Milk	• Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pear • Wgr Bread 1oz Grain • Low Fat 1% Milk • Skim Milk	• Nordane Cheese Pizza • Green Beans • White Beans 1oz MMA • Banana • Fruit cup • Low Fat 1% Milk • Skim Milk	Closed

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